



# November 2012



**Mrs. Tracy Stevens RN, CCCE**

**Maternal Child Educator &**

**Senior Labor Delivery Charge Nurse**

*There will be two series of four classes each month (**Except possibly Nov & Dec**)  
You can now see the monthly class series on line at the WAMC Website.*

<http://www.wamc.amedd.army.mil/Pages/default.aspx>

*Under the header **Patients**, select **Department Services**, then **Childbirth Educator**....*

***Tracy.Stevens@us.army.mil***

*Simply email full name and the Series you would like to attend.*

*A conformation email will follow your request*

**All Childbirth classes are from 6 pm to 8 pm, held in Weaver Auditorium (ground floor of Womack)**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1.</b> Introduction to Pregnancy and Labor	<b>2.</b>	<b>3.</b>
<b>4.</b>	<b>5.</b>	<b>6.</b> Understanding Interventions and C-Section	<b>7.</b>	<b>8.</b> Relaxation & Lamaze	<b>9.</b>	<b>10.</b>
<b>11.</b>	<b>12.</b>	<b>13.</b> Newborn Care and Post partum Care, Breastfeeding Support	<b>14.</b>	<b>15.</b> (Additional) Relaxation & Lamaze	<b>16</b>	<b>17</b>
<b>18.</b>	<b>19.</b>	<b>20.</b> Sibling Class 3rd floor Post Partum Unit Rm 339 4-5 pm	<b>21.</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25.</b>	<b>26.</b>	<b>27.</b>	<b>28.</b>			